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|  | Grief: Personal Sacrifice Burden  This inventory is designed to measure the grief experience of current family caregivers of persons living with progressive dementia (e.g., Alzheimer’s disease). Read each statement carefully, then decide how much you agree or disagree with what is said. |

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| --- | --- | --- | --- | --- | --- | --- |
|  |  | Strongly Disagree | Disagree | Somewhat Agree | Agree | Strongly Agree |
|  | I’ve had to give up a great deal to be a caregiver. | 1 | 2 | 3 | 4 | 5 |
|  | I feel I am losing my freedom. | 1 | 2 | 3 | 4 | 5 |
|  | I will be tied up with this for who knows how long. | 1 | 2 | 3 | 4 | 5 |
|  | Independence is what I’ve lost…I don’t have the freedom to go and do what I want. | 1 | 2 | 3 | 4 | 5 |
|  | I wish I had an hour or two to myself each day to pursue personal interests. | 1 | 2 | 3 | 4 | 5 |
|  | I’m stuck in this caregiving world and there’s nothing I can do about it. | 1 | 2 | 3 | 4 | 5 |